



The Benefits Bulletin

Statewide Benefits Office

July 9, 2020

[Click here to learn more about your benefits and COVID-19](#)

Health Advocate

COVID-19 is a part of our daily lives. We hear about it in the news, our work/social lives look different and when we leave our homes we wear masks. As we learn how to manage risks associated with the spread of this serious virus, it is important to know where to get help when we need it. Remember that all State of Delaware employees have access to EAP + Work/Life benefits administered by Health Advocate through September 30, 2020. Check out their new [resource guide](#) for materials on managing stress, accessing health care, engaging in a balanced wellness approach and more.



New Plan Year for Benefits

July begins the new plan year for benefits including health, dental, vision, flexible spending account, group universal life insurance and accident & critical illness insurance. If you are new to any of these benefit plans, made changes during Open Enrollment or are just curious, now is the perfect time to familiarize yourself with the benefits you selected. The following resources are available on SBO's website:

- [Benefit Information Webpages](#): Select "Your Group," then select the benefit that you want to learn more about.
- [Benefits Training](#): Access online information courses about various benefits.
- [Choosing the Right Care](#): Learn about your care options and associated costs as well as quality and safety information.

This plan year, take control of your health and wealth by knowing how your benefits work and where to seek care.

Hidden Treasures Find the hidden code on the Healing & Wellness page on our website and email the code to

sbo.communications@delaware.gov (Subject: Hidden Treasures).

A random drawing from all correct responses received by the end of the month will be conducted for a prize. Congratulations to last month's winner, Diane C., Department of State!

SEBC Spotlight

The need to focus on healing and wellbeing has never been greater. Coping with the uncertainty of recent events can lead to feelings of anxiety, stress and fear. The State Employee Benefits Committee (SEBC) and the Statewide Benefits Office (SBO) place the highest priority on the health, safety and wellbeing of State of Delaware employees and members of the State of Delaware Group Health Plan. SBO has designed a new [Healing & Wellness](#) page of resources to help you and your families practice self-care and navigate a new normal, including:

- [SilverCloud](#) - temporary program available until August 1, 2020 that includes activities and tools to manage emotions and help cope with challenging times, sleep problems and grief or loss while practicing how to relax and stay hopeful
- [Coping Resources Related to Current National Events](#) - stress management, conflict resolution, coping with frightening times and isolation, caregiver and manager support and more
- [Aetna & Highmark Delaware Resource](#) - carrier-specific behavioral health programs and referral services available to members

Your concerns and feedback are always welcome at SEBC@delaware.gov. We're in this together.

Wellness

